

A MAN'S GAME PLAN



DIGITAL COPY

*DO NOT DISTRIBUTE OR COPY WITHOUT PERMISSION



MEN OF IRON

Welcome to Men of Iron. At Men of Iron, we do everything we can to ensure that you are the man God has called you to be. We want to call you up to a life where you thrive in the Core5: your faith, family, friends, fitness, and finances.

When you find balance in these areas and start to thrive in each one, you will be a man who knows God and knows your purpose.

We believe the best way to do that is with Strong27, a one-on-one mentorship. This will help you grow the most in the shortest period of time. With Strong27, we will pair you up with another man just a few seasons ahead of you. He will help you set goals and hold you accountable as you seek to thrive in the Core5.

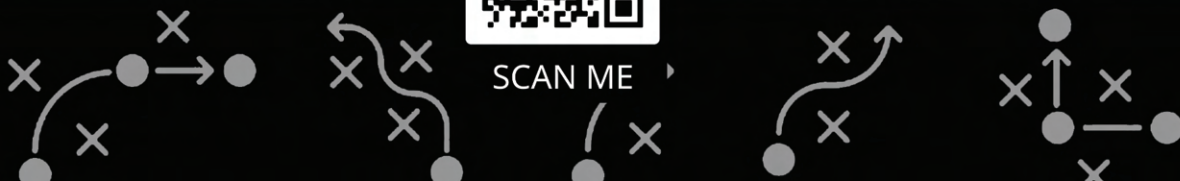
Not everyone wants to jump into a mentorship right away. We get it. Sometimes, your schedule is pretty full, and sometimes, you're just not interested in a mentorship immediately. That's why we provide several different environments and opportunities as you strive to climb the mountain and complete your Manhood journey. Do everything you can to keep climbing towards your full potential!

- ⊗ **Basecamp - Free Resources:** Get started with free resources to jump-start your journey towards knowing God and your purpose. Explore **FREE** Basecamp resources.
- ⊗ **Ridge Line - Grow Together:** Join a small group of men for a deeper exploration of faith, family, finances, fitness, and friendships. It's a supportive environment with a minimal cost. Find a supportive Ridge Line group.
- ⊗ **Summit - Reach the Peak:** Invest in personalized mentorship from a seasoned leader who can guide you on your unique path. This is the highest level of commitment, but the rewards are unmatched. Learn more about transformative mentorship.

Check out our Basecamp, Ridge Line & Summit Resources at
menofiron.org/theclimb

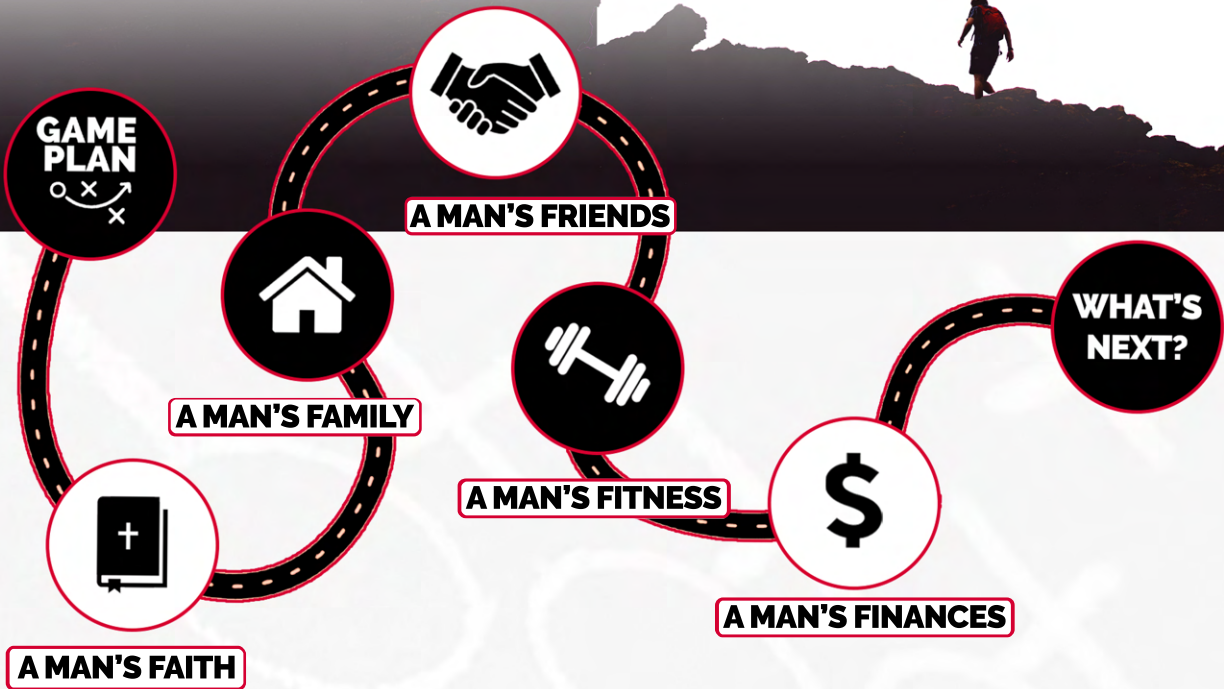


SCAN ME





WELCOME TO A MAN'S JOURNEY



A Man's Journey is a year-long strategy and resource for your church and men's ministry. It starts with A Man's Game Plan. A 5-session video course designed by Men of Iron with the purpose of helping men develop a game plan for their Core5 – Faith, Family, Friends, Fitness and Finances.

After A Man's Game Plan you will dive deeper into each F, with video series designed around the Core5. With a unique series for Faith, Family, Friends, Fitness and Finances – men find accountability, balance and spiritual growth as they journey through these resources with other like-minded men.

For more info on A Man's Journey resources or church partnerships, reach out to us at menofiron.org!

A MAN'S GAME PLAN

WHAT TO EXPECT

What to Expect From A Man's Game Plan

You are starting out on a transformative journey with A Man's Game Plan, the first step in A Man's Journey, Men of Iron's comprehensive plan for knowing God and knowing your purpose.

This series will help you create a blueprint for mastering your Core 5: faith, family, friends, fitness, and finances. Through weekly SMART Goals, you will establish a comprehensive Game Plan for your life.

Join countless men who have embraced this series, achieving profound personal growth across their Core 5. Here's what we cover each week.

Session 1: Faith First- The First Step of Every Man's Journey

This week will help you to:

- ⊗ Explain the importance of faith in personal development
- ⊗ Cultivate spiritual disciplines for personal growth
- ⊗ Pursue mentorship and accountability for continuous improvement

Session 2: Build a Strong Family- Lead Your Family With Intention and Integrity

This week will help you to:

- ⊗ Recognize the impact of family dynamics on personal growth
- ⊗ Implement intentional spiritual leadership in the family
- ⊗ Understand the role of accountability and mentorship in family leadership

GAME PLAN

Session 3: The Power of Brotherhood- Strengthening Your Walk with God Through Friendship

This week will help you to:

- ⊗ Understand the significance of friendship in spiritual growth
- ⊗ Evaluate and cultivate meaningful friendships
- ⊗ Embrace Biblical principles of friendship

Session 4: Healthy Body, Healthy Spirit- Pursuing Fitness Physically and Spiritually

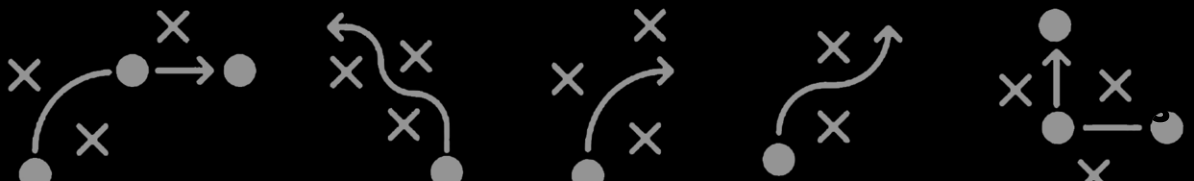
This week will help you to:

- ⊗ Understand the interconnection of physical and spiritual health
- ⊗ Reflect on your own experiences and spiritual growth through fitness
- ⊗ Explore Biblical perspectives on physical health

Session 5: Money Matters- How to Keep Money from Controlling Your Life

This week will help you to:

- ⊗ Understand the impact of financial health on overall well-being
- ⊗ Reflect on personal financial practices and priorities
- ⊗ Explore Biblical principles of stewardship and generosity



HOW TO USE THE GUIDE



Prep:

This will help you start thinking about the topic for the week. Read over it and then move on to the warm-up section.



Evaluate:

Before you meet with your group, take some time to evaluate yourself.



Warm Up:

Think about how the topic applies to your life. How are you doing in this area, and what would it take to get stronger? Take a minute and talk about this with the other guys in your group.



Watch:

Hear from some of our guys at Men of Iron. Take some time and write down your thoughts based on what they say.



Talk:

Look over the questions for the week and discuss them. Be honest and see what the guys in your group think about the topic.



Challenge:

Get serious about your life. Set a goal and stick to it.



Journal:

Dive deeper into what God has to say about the topic. Dig into a chapter of the Bible and write out your thoughts.

How to Use the Journal Pages in This Guide

At Men of Iron, we encourage you to Uncover, Unlock, and Unleash what God says. This three-step process helps you understand and apply God's word to your life. Ignoring God's word will hinder your growth, and simply reading it isn't enough; you must read, understand, and live by it.

Every session of this series has a journal page with a specific scripture focus. We encourage you to take this part of the workbook seriously and never skip over it.

2 Timothy 3:16-17 says: "All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work."

We believe this is true. The Holy Spirit inspired the writers of the Bible, ensuring we have the words God wants us to hear. Through His word, we are prepared for the good works He has planned for us.

Before studying any passage, pray for understanding. Prayer invites God's wisdom and guidance as you read. Once you ask God for wisdom and direction and have read over the entire passage, take three steps toward understanding the passage and applying it to your own life: Uncover, Unlock, and Unleash.

Here's how each step works:

Uncover - What Does It Say? When you uncover a passage, you ask a few simple questions:

- Who wrote it?
- Why was it written?
- To whom was it written?

Read the surrounding passages to grasp the full context. Don't isolate verses; understand the complete message. These verses are all part of a larger piece of communication. Just as you would read an entire email to understand its content, you should read the entire book or at least the entire chapter to understand fully what the author intended for the reader.

Unlock - What Does It Mean?

After uncovering the basics, unlock the passage's meaning. Focus on why it was taught to the original audience without immediately applying it to your own life.

Remember:

- If a passage explains itself, take it at face value.
- Use the Bible to interpret itself. Consistent messages across different passages are key.
- Be aware of personal biases that might color your interpretation.

Unleash - What Should I Do?

The Bible is unique because it's alive and powerful (Hebrews 4). It speaks to your current situation and guides your actions.

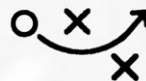
Make A Difference in Your Life By:

- Identifying areas in your life where you need to adjust based on God's word.
- Implementing the teachings from your study into your daily life.
- Creating specific, actionable steps to align your actions with biblical teachings.
- Living intentionally. Make conscious decisions that reflect your commitment to God's word.

Studying the Bible without applying its teachings is ineffective. **To truly benefit, you must live out what you learn.** Ignoring this can even hinder your ability to understand God's word in the future. As you study, ask yourself: "What is God revealing to me, and how should I respond?" Then, act on it.

PRE-SURVEY

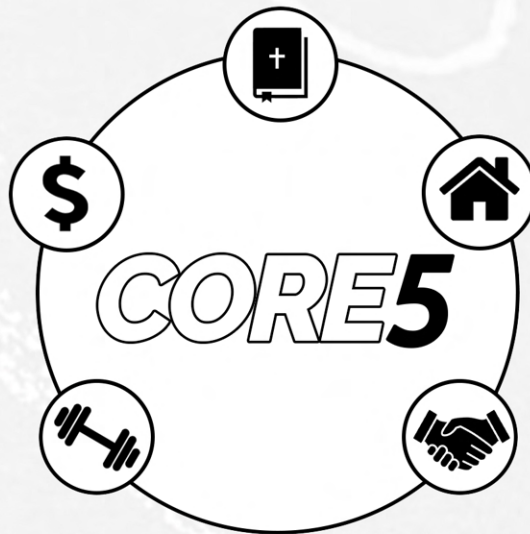
**GAME
PLAN**



Before we dive into Session 1, make sure to hit the QR code and fill out the pre-survey. It won't take long!



A MAN'S GAME PLAN



Session 1 - Faith

*"The First Step of
Every Man's Journey."*

FAITH



PREP

SESSION 1

I've missed more than 9,000 shots in my career, lost almost 300 games, and been trusted to take the game-winning shot 26 times and missed. I've failed over and over again in my life, and that is why I succeed.

-Michael Jordan (6x NBA Champion, 5x League MVP)


When was the last time that you considered Michael Jordan a failure? If you're a sports fan, I bet you have thought about his wins far more often than you have considered the 26 times he missed game-winning shots. He's an incredibly compelling figure. If you've been around long enough, you remember watching the games, you watched the movies, and you watched the documentaries.

Maybe the only time you think of him as a failure is his short time as a baseball player.

Michael Jordan's career is incredible, and as of this writing, it's still going. Lately, he's been trying to leave a mark on NASCAR as a team owner, and he's also finding some success there.

Most people don't remember Jordan's lost games and missed shots. Most people remember Game 5 of the 1997 NBA Finals when Jordan played a full game while he had the flu. If you haven't seen the game, you should. You can tell he's tired. You can tell that any normal human being would take a sick day. And then you can watch him sink the final 3-point shot of the game to win the game. He went on to help the Bulls win their fifth NBA championship and was selected for the fifth time as the Finals MVP.

His failures don't define Michael Jordan because he didn't let his failures overcome him. Instead, Jordan was motivated by his failures and used them to lead him to success.



We remember the highest moments of his career, and he remembers the lowest ones. He knows he used those low moments as motivation to get where he wanted to go.

So why start here? You're going to do the same thing.

Everybody comes to this series from different places. Many men jump into this series because they are motivated by their failures and want to be better men. You may have gotten here because you want to avoid repeating past mistakes, or maybe you're even walking through a current mistake right now.

Here's what we want you to know – you don't have to be perfect, and you don't have to have it all figured out. But you do need a game plan, and you do need to learn from your mistakes.

Regarding faith specifically, you may be all over the map. Maybe you have never read the Bible, stepped into a church, or said a single prayer. That's fine right now. But it won't be fine next week.

Every week of this series, we encourage you to grow and change for the better. You can probably think of all the issues that you have in your life. You're probably doing well with one thing and not so well with the others.

Just like Jordan learned from his missed shots and used them to motivate himself to grow and change, we want you to do the same. We want you to be the spiritual leader of your family. We want you to know God and your purpose.



**DO THE ACTIVITY ON
THE NEXT PAGE**

EVALUATE



Before you meet with your group, take some time to evaluate yourself.

This week, we are talking about faith.

What are your honest feelings about God right now?

(Be honest—if things are good, write that down; if they're not, write that. This is not for anyone but you. We won't check your work.)

Take some time and think through last week. How often did you do something to strengthen your relationship with God?

(Tell the truth. This could be things like prayer, reading the Bible, listening to a podcast about faith, going to church, or having conversations about God.)

On a scale of 1-10, with 1 being almost none and 10 being all of it, rate how well you understand the story of what God is doing in the Bible.

(CIRCLE YOUR NUMBER BELOW)

1 2 3 4 5 6 7 8 9 10

Reflecting on the past week, how often did you make decisions based on what you believe God would want you to do in those situations? If it helps to write some of them down as you think, use this space to do that.

(Again, be honest. It could be too many to count, and it could be none at all. The only wrong answer here is a dishonest one.)



WARM UP



Take a minute and talk about this with the other guys in your group.

- ⊗ When you hear the term "game plan," what comes to mind? How important do you think it is to have a structured plan for personal and spiritual growth?

- ⊗ What are you hoping to gain from this series? Are there specific areas you are excited to explore or improve?

- ⊗ How would you define your life purpose? Do you feel like you're living it out, or are you still trying to figure it out?

- ⊗ Who is a man you admire for his faith and life purpose? What qualities or actions make him stand out to you?

- ⊗ How has your faith (or lack of faith) influenced the decisions you've made in your life? Can you think of a time when your faith was particularly strong or weak?

Watch Session 1:
FAITH

WATCH

Watch this week's video with your group.



You must know God and know your purpose .

"The Lord had said to Abram, Leave your native country, your relatives, and your father's family, and go to the land that I will show you. I will make you into a great nation. I will bless you and make you famous, and you will be a blessing to others. I will bless those who bless you and curse those who treat you with contempt. All the families on earth will be blessed through you."

Genesis 12: 1-3

You're not here by accident. God is trying to get your attention.

"So Abram departed as the Lord had instructed." Genesis 12: 4

"I am the way, the truth, and the life. No one can come to the Father except through me." Matthew 14: 6

- ⊗ Every man needs Jesus.
- ⊗ Every man should read God's Word .
- ⊗ Every man should pray.
- ⊗ Every man needs solitude.
- ⊗ Every man should journal.
- ⊗ Every man should serve others.
- ⊗ Every man needs mentorship.



TALK



In groups of 5 or 6 guys, talk about some of the following questions:

- ⊗ What stuck out to you from this session?

- ⊗ Reflecting on Travis's story, how has your own faith journey evolved over time? What significant moments or experiences have shaped your relationship with God?

- ⊗ How did your upbringing influence your initial understanding of faith and your relationship with God? Were there any pivotal moments or challenges that changed your perspective?

- ⊗ What are some of the spiritual disciplines that have been helpful to you in your life? Which ones have been difficult?

- ⊗ Who has been a significant mentor in your life, and how have they impacted your faith journey?

- ⊗ Have you had the opportunity to mentor someone else, and what was that experience like?

WEEKLY CHALLENGE



Take some time to evaluate your faith foundations:

- What is one thing that you have done well?
- What is something you have not done well, that could use some improvement?
- Where can you start?

What is one small goal you will accomplish this week before you meet again for the next session?

Remember to create a **S.M.A.R.T. goal**. Make sure your goal is specific, measurable, attainable, relevant, and time-bound.

Examples:

1. I will read one chapter from the book of John on Monday, Wednesday, and Friday, this week.
2. I will go to the church down the street this coming Sunday morning for the 11 AM service.
3. I will be fasting this coming Thursday, and during mealtimes I will be praying for my son.

WRITE YOUR GOAL HERE:

THIS IS MY
GAMEPLAN

Want to make it a Core5 Combo?

You could pursue a goal in one area of your life that will strengthen other areas of your life. For example, this week, you could set a goal to pray every day with your wife. That will strengthen your faith and your family. Or, you could plan on setting aside 10 minutes after your morning workout to start reading through the Bible. That will strengthen your faith and your fitness.



Genesis 12:1-20 – The Call of Abram

The Lord had said to Abram, “Leave your native country, your relatives, and your father’s family, and go to the land that I will show you. I will make you into a great nation. I will bless you and make you famous, and you will be a blessing to others. I will bless those who bless you and curse those who treat you with contempt. All the families on earth will be blessed through you.” So Abram departed as the Lord had instructed, and Lot went with him. Abram was seventy-five years old when he left Haran. He took his wife, Sarai, his nephew Lot, and all his wealth—his livestock and all the people he had taken into his household at Haran—and headed for the land of Canaan. When they arrived in Canaan, Abram traveled through the land as far as Shechem. There he set up camp beside the oak of Moreh. At that time, the area was inhabited by Canaanites. Then the Lord appeared to Abram and said, “I will give this land to your descendants.” And Abram built an altar there and dedicated it to the Lord, who had appeared to him. After that, Abram traveled south and set up camp in the hill country, with Bethel to the west and Ai to the east. There he built another altar and dedicated it to the Lord, and he worshiped the Lord. Then Abram continued traveling south by stages toward the Negev.

Abram and Sarai in Egypt

At that time a severe famine struck the land of Canaan, forcing Abram to go down to Egypt, where he lived as a foreigner. As he was approaching the border of Egypt, Abram said to his wife, Sarai, “Look, you are a very beautiful woman. When the Egyptians see you, they will say, ‘This is his wife. Let’s kill him; then we can have her!’ So please tell them you are my sister. Then they will spare my life and treat me well because of their interest in you.” And sure enough, when Abram arrived in Egypt, everyone noticed Sarai’s beauty. When the palace officials saw her, they sang her praises to Pharaoh, their king, and Sarai was taken into his palace. Then Pharaoh gave Abram many gifts because of her—sheep, goats, cattle, male and female donkeys, male and female servants, and camels. But the Lord sent terrible plagues upon Pharaoh and his household because of Sarai, Abram’s wife. So Pharaoh summoned Abram and accused him sharply. “What have you done to me?” he demanded. “Why didn’t you tell me she was your wife? Why did you say, ‘She is my sister,’ and allow me to take her as my wife? Now then, here is your wife. Take her and get out of here!” Pharaoh ordered some of his men to escort them, and he sent Abram out of the country, along with his wife and all his possessions.

Uncover • Unlock • Unleash

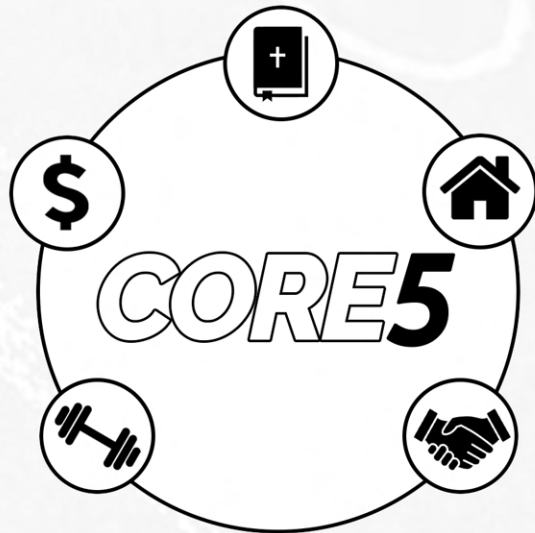


Uncover- What does it say?

Unlock - What does it mean?

Unleash- What should you do?

A MAN'S GAME PLAN



Session 2 - Family

"Build a strong family."

MAN'S
GAME PLAN



FAMILY



PREP

SESSION 2

“If you are given a chance to be a role model, I think you should always take it because you can influence a person's life in a positive light, and that's what I want to do. That's what it's all about.” – Tiger Woods

5x Masters Champion, Only Man to Win All Four Majors Consecutively

What do you think of when you think about Tiger Woods?


In 1997, he made the case that prominent figures in sports could still be held up and followed as role models. At that point in his life, he was only one year into being known as a professional golfer.

In the early months of 1997, Tiger gained much attention. He won his first major championship at age 21 with a total score of 270, a tournament record at the time. With that win, he also set the record for the youngest winner in Masters history, which still stands.

Shortly after setting that record, he went on to become the fastest-rising star the professional golf world had ever seen. Before his first year of professional golf concluded, he was the number-one golfer in the world. His level of talent was unmatched.

If you remember anything from the late 1990s, Tiger Woods was a household name. His skyrocketing career and incredible reputation captured everyone's attention. As the athletic side of his life thrived, the business side also grew. Throughout his entire life and career, Woods has landed several significant corporate sponsorship deals, with the longest-running partner being Nike. Nike signed a contract with Tiger in 1996, his first year as a pro, and throughout a roughly 30-year partnership, Tiger helped establish Nike as a prominent brand in the world of golf.

Tiger Woods is an incredibly compelling figure in the world of sports. It makes sense that so many people encourage young people to look up to Tiger and follow his example.



But his public reputation dramatically turned at 2:30 AM on November 27, 2009. That's when he drove his Cadillac Escalade through a fire hydrant, a tree, and quite a few bushes. You might remember some of the images plastered everywhere at the time.

A few days later, Tiger Woods released this statement, "I have let my family down and I regret those transgressions with all of my heart. I have not been true to my values and the behavior my family deserves..." It quickly became apparent that Tiger had a polished public image that wasn't quite reality.

The number of affairs and relationships revealed over the following weeks was astounding. Tiger was successful at golf. Tiger was successful with business. Tiger failed his family. He was able to keep it a secret for years. But, in the dark, the secrets got bigger and bigger until they could no longer be contained.

Tiger Woods is just one example that you cannot be two different people. What you are hiding will eventually be revealed and have consequences.

Tiger's prestige seems to have been seriously affected in the years following the scandal. And here is potentially one of the craziest things: Everything he was working on and contributing to has moved on to some degree.

When the dust settled, AT&T, Gillette, and Gatorade moved on. They continued their businesses with other sponsorships.

Ultimately, the athletic and business setbacks were temporary, but the impact on his family was lasting. His marriage fell apart, and his relationship with his kids changed forever.

Tiger Woods' story highlights how private choices can deeply impact family. Being a role model isn't just about public success—it's about living with integrity at home. Our greatest legacy is the example we set for our family, shaping their lives through our actions, not just our achievements.

**DO THE ACTIVITY ON
THE NEXT PAGE**

EVALUATE

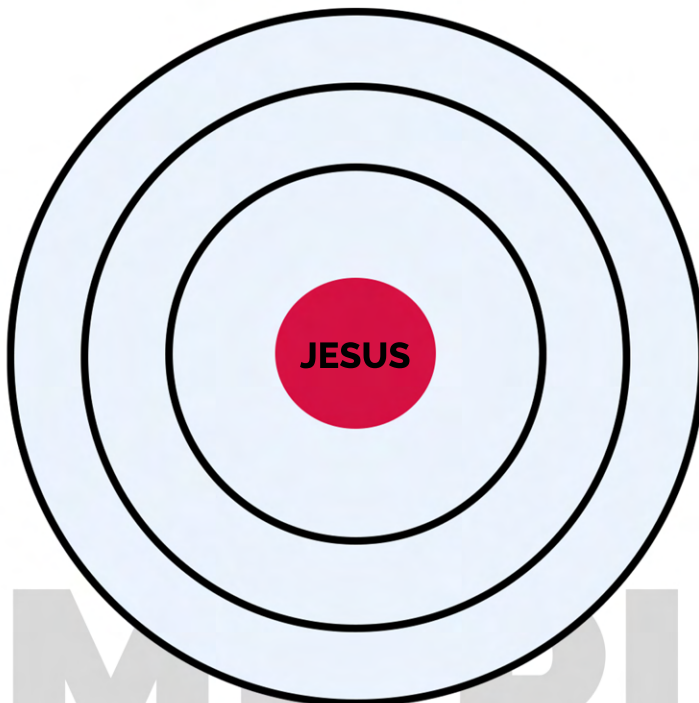


Before you meet with your group, take some time to evaluate yourself.

List everyone in your family and determine who you are spiritually responsible for.

- + Who should you be spending more time with?
- + Which relationships need attention?

Now represent each of those people on the target below. Keep Jesus at the center and expand outward, starting with your most important relationships that require the most investment and working outward toward other family relationships that you have.





WARM UP



Take a minute and talk about this with the other guys in your group.

- ⊗ Since our last session, have you taken any steps to strengthen your faith? Were you successful in your goal? If so, what did you do, and what have you noticed as a result?

- ⊗ How have your parents' and grandparents' relationships influenced your views on family and marriage? Can you identify any patterns that you want to break or continue?

- ⊗ Think about the different roles you fill in your family. How well do you think you're balancing these responsibilities, and which area might need more attention?

**Watch Session 2:
FAMILY**

WATCH



Watch this week's video with your group.

YOUR RELATIONSHIP WITH GOD IS ALWAYS YOUR MOST IMPORTANT RELATIONSHIP .

The Lord God placed the man in the Garden of Eden to tend and watch over it. But the Lord God warned him, "You may freely eat the fruit of every tree in the garden— except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die." Then the Lord God said, "It is not good for the man to be alone. I will make a helper who is just right for him." So the Lord God formed from the ground all the wild animals and all the birds of the sky. He brought them to the man to see what he would call them, and the man chose a name for each one. He gave names to all the livestock, all the birds of the sky, and all the wild animals. But still there was no helper just right for him. So the Lord God caused the man to fall into a deep sleep. While the man slept, the Lord God took out one of the man's ribs and closed up the opening. Then the Lord God made a woman from the rib, and he brought her to the man. "At last!" the man exclaimed. "This one is bone from my bone, and flesh from my flesh! She will be called 'woman,' because she was taken from 'man.'" This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one. Genesis 2: 15-24

Adam's sin affected a lot of people, and yours will too.

"So fear the LORD and serve him wholeheartedly. Put away the idols your ancestors worshiped forever when they lived beyond the Euphrates River and in Egypt. Serve the LORD alone. But if you refuse to serve the LORD, then choose today whom you will serve. Would you prefer the gods your ancestors served beyond the Euphrates? Or will it be the gods of the Amorites in whose land you now live? But as for me and my family, we will serve the LORD." Joshua 24: 14-15

Joshua led his family to serve God, you should too.



TALK



In groups of 5 or 6 guys, talk about some of the following questions:

- ⊗ What stood out to you from this session?

- ⊗ What lessons can you take from Adam's failure to lead his family in obedience to God? How can you avoid similar mistakes?

- ⊗ How does Joshua's example of leading his family to serve the Lord inspire you? What specific actions of his can you apply in your own life?

- ⊗ Describe what strong spiritual leadership would look like in your home. What changes do you need to make to achieve this vision?

- ⊗ How do you balance your responsibilities between work, family, and hobbies? Is there an area that feels out of balance right now?

- ⊗ How do you prioritize your relationships with your spouse, children, and parents? Are there areas that you feel need more attention or adjustment?

WEEKLY CHALLENGE



Take some time to evaluate your own family:

- What is one thing that you have done well?
- What is something that you have not done well, that could use some improvement?
- Where can you start?

What is one small goal you will accomplish this week before you meet again for the next session?

Remember to create a **S.M.A.R.T. goal**. Make sure your goal is specific, measurable, attainable, relevant, and time-bound.

Examples:

1. I will strengthen my relationship this week by apologizing for how I acted last week. I will have the conversation with my wife before we get together again next week.
2. I will make sure to get out in the yard with my kids and play with them every day after work. I'll be sure to play with them for at least thirty minutes each day.
3. I will talk to my girlfriend about my faith, and her faith this coming week. I will talk about the things that are meaningful to me in my life and spend time hearing the same thing from her.

WRITE YOUR GOAL HERE:

Make it a Core5 Combo: You could pursue a goal in one area of your life that will strengthen other areas of your life. For example, this week, you could go on a walk or run with your kids. That will strengthen your family and your fitness. Or, you could read a devo or Bible story with your kids tonight. That will strengthen your faith and your family.



Joshua 24:11–28 (NLT)

“When you crossed the Jordan River and came to Jericho, the men of Jericho fought against you, as did the Amorites, the Perizzites, the Canaanites, the Hittites, the Girgashites, the Hivites, and the Jebusites. But I gave you victory over them. And I sent terror ahead of you to drive out the two kings of the Amorites. It was not your swords or bows that brought you victory. I gave you land you had not worked on, and I gave you towns you did not build—the towns where you are now living. I gave you vineyards and olive groves for food, though you did not plant them. “So fear the Lord and serve him wholeheartedly. Put away forever the idols your ancestors worshiped when they lived beyond the Euphrates River and in Egypt. Serve the Lord alone. But if you refuse to serve the Lord, then choose today whom you will serve. Would you prefer the gods your ancestors served beyond the Euphrates? Or will it be the gods of the Amorites in whose land you now live? **But as for me and my family, we will serve the Lord.**” The people replied, “We would never abandon the Lord and serve other gods. For the Lord our God is the one who rescued us and our ancestors from slavery in the land of Egypt. He performed mighty miracles before our very eyes. As we traveled through the wilderness among our enemies, he preserved us. It was the Lord who drove out the Amorites and the other nations living here in the land. So we, too, will serve the Lord, for he alone is our God.” Then Joshua warned the people, “You are not able to serve the Lord, for he is a holy and jealous God. He will not forgive your rebellion and your sins. If you abandon the Lord and serve other gods, he will turn against you and destroy you, even though he has been so good to you.”

But the people answered Joshua, “No, we will serve the Lord!” “You are a witness to your own decision,” Joshua said. “You have chosen to serve the Lord.” “Yes,” they replied, “we are witnesses to what we have said.” “All right then,” Joshua said, “destroy the idols among you, and turn your hearts to the Lord, the God of Israel.” The people said to Joshua, “We will serve the Lord our God. We will obey him alone.” So Joshua made a covenant with the people that day at Shechem, committing them to follow the decrees and regulations of the Lord. Joshua recorded these things in the Book of God’s Instructions. As a reminder of their agreement, he took a huge stone and rolled it beneath the terebinth tree beside the Tabernacle of the Lord. Joshua said to all the people, “This stone has heard everything the Lord said to us. It will be a witness to testify against you if you go back on your word to God.” Then Joshua sent all the people away to their own homelands.

Uncover • Unlock • Unleash

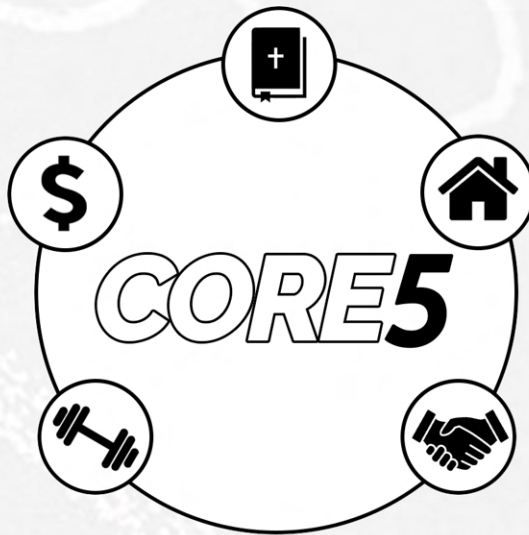


Uncover- What does it say?

Unlock - What does it mean?

Unleash- What should you do?

A MAN'S GAME PLAN



Session 3 - Friends

*"The Power of Brotherhood-
Strengthening Your Faith
Through Friendship."*

A MAN'S
GAME PLAN



FRIENDS

SESSION 3



PREP

Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything".

-Muhammad Ali

3x Heavyweight Champion of the World, Olympic Gold Medalist

Muhammad Ali fought in 61 fights, winning 56 of them. He is still known as one of the best fighters of all time, and his career spanned a period that was a high point in boxing history.

Check any list of the greatest boxers of all time, and Ali is almost always at the top. What was important to him?

It wasn't his diet, training, title, or record—it was his friends. It's odd. It almost feels like that couldn't be accurate, but if you go back and watch some of his interviews, especially from the height of his career and afterward, he ends up talking about friendship a lot more often than you would assume.

He even wrote a poem about friendship. Here's what he said.

"Friendship is a priceless gift that cannot be bought nor sold, but its value is far greater than a mountain made of gold; for gold is cold & lifeless - it can neither see nor hear, in time of trouble it's powerless to cheer — it has no ears to listen, no heart to understand, it cannot bring you comfort or reach out a helping hand. So when you ask God for a gift, be thankful if He sends not diamonds, pearls or riches, but the love of real true friends."

Ali had many famous close friends throughout his career, but one of his closest friends at the end of his boxing career was Howard Cosell, probably one of the most renowned sports commentators at the time. Throughout Muhammad's career and well after it was over, the two forged a strong friendship well documented on live TV from fight to fight.



One of the most poignant points in their friendship came during the live broadcast of Ali's 50th birthday. At that point, Ali was visibly struggling with Parkinson's disease, and Cosell was nearing the end of his life. Live on ABC on a Sunday night, Cosell delivered a moving tribute to his friend. Howard started crying in the middle of his delivery, and with the final words of his broadcast, he said, "Muhammad, you are exactly who you set out to be. I love you."

At the end of Cosell's tribute, both men were in tears, overwhelmed with affection for each other.

Both men became famous for their hard lines, tough persona, and enormous egos. One achieved incredible success in boxing, and one in broadcasting. On live TV, both men were overcome with emotion and appreciation for each other. They had forged an incredible brotherhood.

Every man needs friends. Real friends.

But we want you to remember a crucial point: don't assume you have friends when acquaintances surround you.

You might have plenty of fun guys around you to hang out with. You might have guys you call up to go to camp, to catch a game, or to get a drink. But are those men your friends?

Probably not.

**DO THE ACTIVITY ON
THE NEXT PAGE**

MAN'S
GAME PLAN

EVALUATE



Before you meet with your group, take some time to evaluate yourself.

Make a list of your three closest friends and then answer the following questions:

Friend 1 _____ How did you become friends?

When was the last time you spent a good amount of time with this person?

How has this person strengthened your relationship with Jesus?

How do you know this friend is reliable? When have they shown that?

What is something you could do to strengthen your friendship with this person?

Friend 2 _____ How did you become friends?

When was the last time you spent a good amount of time with this person?

How has this person strengthened your relationship with Jesus?

How do you know this friend is reliable? When have they shown that?

What is something you could do to strengthen your friendship with this person?

Friend 3 _____ How did you become friends?

When was the last time you spent a good amount of time with this person?

How has this person strengthened your relationship with Jesus?

How do you know this friend is reliable? When have they shown that?

What is something you could do to strengthen your friendship with this person?



WARM UP



Take a minute and talk about this with the other guys in your group.

- ⊗ Since our last session, how have you worked on honoring God in your family relationships? Were you successful in your goal? What changes have you noticed in your family?

- ⊗ What is the difference between a friend and an acquaintance? How can you tell the difference, which one do you have the most of in your life?

- ⊗ Who are your closest friends right now? How do these friendships influence your relationship with God?

Watch Session 3: FRIENDS

WATCH



Watch this week's video with your group.

After David had finished talking with Saul, he met Jonathan, the king's son. There was an immediate bond between them, for Jonathan loved David. From that day on Saul kept David with him and wouldn't let him return home. And Jonathan made a solemn pact with David, because he loved him as he loved himself. Jonathan sealed the pact by taking off his robe and giving it to David, together with his tunic, sword, bow, and belt. - 1 Samuel 18: 1-4

FRIENDS SERVE EACH OTHER.

Jonathan went to find David and encouraged him to stay strong in his faith in God. "Don't be afraid," Jonathan reassured him. "My father will never find you! You are going to be the king of Israel, and I will be next to you, as my father, Saul, is well aware." So the two of them renewed their solemn pact before the Lord. Then Jonathan returned home, while David stayed at Horesh. - 1 Samuel 23: 16-18

FRIENDS ARE UNIFIED .

FRIENDS SERVE EACH OTHER'S FAMILIES.

One day David asked, "Is anyone in Saul's family still alive—anyone to whom I can show kindness for Jonathan's sake?" He summoned a man named Ziba, who had been one of Saul's servants. "Are you Ziba?" the king asked. "Yes sir, I am," Ziba replied. The king then asked him, "Is anyone still alive from Saul's family? If so, I want to show God's kindness to them." Ziba replied, "Yes, one of Jonathan's sons is still alive. He is crippled in both feet." - 2 Samuel 9: 1-3



TALK



In groups of 5 or 6 guys, talk about some of the following questions:

- ⊗ Why does friendship tend to be so difficult for most men?

- ⊗ What stood out to you from David and Jonathan's relationship?

- ⊗ Who are your closest friends right now? How do these friendships influence your relationship with God?

- ⊗ When you face difficult situations, who do you turn to for advice or support? How reliable are these friends in providing godly counsel?

WEEKLY CHALLENGE



Take some time to evaluate your own friendships:

Who are the friends in your life that sharpen you and push you closer to Jesus?

Are there any old friends that you have lost connection with?

What can you do to continue to strengthen the friendships in your life?

What is one small goal you will accomplish this week before you meet again for the next session?

Remember to create a **S.M.A.R.T. goal**. Make sure your goal is specific, measurable, attainable, relevant, and time-bound.

Examples:

1. This week, I will text an old friend that I have lost connection with and try to schedule a time to get together within the next month.
2. I will reach out to a friend of mine and ask them if they are interested in reading one chapter of John per day until we are finished with reading the book of John.
3. I will reach out to a few guys that I know and see if they are interested in scheduling a weekend to go to a cabin and hang out together for the weekend.

WRITE YOUR GOAL HERE:

Make it a Core5 Combo (Optional): You could pursue a goal in one area of your life that will strengthen other areas of your life. For example, this week, you could set a goal to start a Bible study with a group of friends. That will strengthen your friends and your faith. Or you could pick a night this week to start meeting up every day at the gym with one of your friends. This will strengthen your friends and your fitness.



JOURNAL



1 Samuel 18:1-16 (NLT) **Saul Becomes Jealous of David**

After David had finished talking with Saul, he met Jonathan, the king's son. There was an immediate bond between them, for Jonathan loved David. From that day on Saul kept David with him and wouldn't let him return home. And Jonathan made a solemn pact with David, because he loved him as he loved himself. Jonathan sealed the pact by taking off his robe and giving it to David, together with his tunic, sword, bow, and belt.

Whatever Saul asked David to do, David did it successfully. So Saul made him a commander over the men of war, an appointment that was welcomed by the people and Saul's officers alike. When the victorious Israelite army was returning home after David had killed the Philistine, women from all the towns of Israel came out to meet King Saul. They sang and danced for joy with tambourines and cymbals.

This was their song: "Saul has killed his thousands, and David his ten thousands!"

This made Saul very angry. "What's this?" he said. "They credit David with ten thousands and me with only thousands. Next they'll be making him their king!" So from that time on Saul kept a jealous eye on David.

The very next day a tormenting spirit from God overwhelmed Saul, and he began to rave in his house like a madman. David was playing the harp, as he did each day. But Saul had a spear in his hand, and he suddenly hurled it at David, intending to pin him to the wall. But David escaped him twice. Saul was then afraid of David, for the Lord was with David and had turned away from Saul. Finally, Saul sent him away and appointed him commander over 1,000 men, and David faithfully led his troops into battle.

David continued to succeed in everything he did, for the Lord was with him. When Saul recognized this, he became even more afraid of him. But all Israel and Judah loved David because he was so successful at leading his troops into battle.

Uncover • Unlock • Unleash

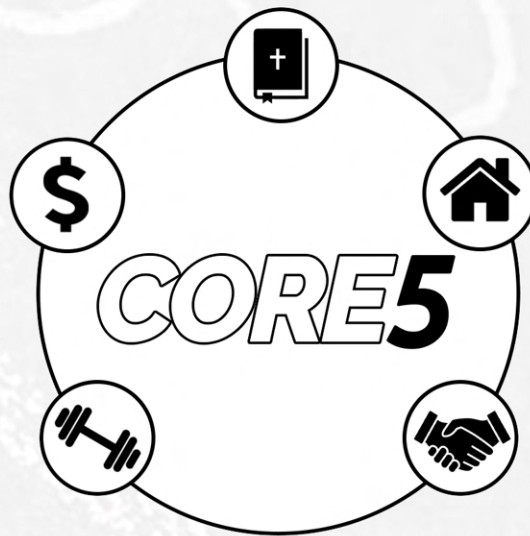


Uncover- What does it say?

Unlock - What does it mean?

Unleash- What should you do?

A MAN'S GAME PLAN



Session 4 - Fitness

***"Healthy Body, Healthy Spirit- Pursuing
Fitness Physically and Spiritually."***



A MAN'S
GAME PLAN

FITNESS



PREP

SESSION 4

"Winning is a habit. Watch your thoughts, they become your beliefs. Watch your beliefs, they become your words. Watch your words, they become your actions. Watch your actions, they become your habits. Watch your habits, they become your character."

Vince Lombardi

5x NFL Champion, Pro Football Hall of Famer, .731 Career Winning Percentage

Vince Lombardi is regarded as one of the greatest coaches in American sports history. That's right. He's not just seen as the greatest football coach in American history; he's simply one of the best coaches of any team in any sport, ever.

He didn't even start as a NFL head coach until he was 45, which is a late start by today's standards.

When Lombardi took on his dual role as head coach and general manager at Green Bay, he led one of the worst teams in the nation. The 1959 Green Bay Packers had just finished with a 1-10-1 record. To make matters even worse, they had not experienced a winning season in the previous eleven years. The players were ashamed, and the city was enraged. Vince Lombardi was not committing to an easy task.

In his first team meeting with the Packers, he told them he had never coached a losing team and did not intend to ruin his perfect record. Lombardi kept his word and his record.

Vince Lombardi took a simple approach to coaching but also put an incredibly high value on proper approach and perfect execution. He is known to encourage focus on the basics, but he also permitted no mistakes when carrying out the basics. When he noticed something that did not go as planned, he didn't ignore it. He demanded that it be corrected. Because of this approach, he was known as a harsh taskmaster, and some players quickly grew tired of his constant demand for perfection. One player commented that Vince "treated everyone on the team the same way, like dogs."

Even with that reputation, many on the team became intensely loyal to Lombardi. Vince expected a high standard and always called men up when they missed the mark. He didn't ignore faults; he corrected them.

Lombardi encouraged his team to discover their strengths, find their best plays, and then run those plays repeatedly. One opposing coach commented that Lombardi never surprised you. He just beat you. And that's precisely what he and his Green Bay Packers did repeatedly for nine years.

Those who committed to his process usually found success in a relatively short period. Lombardi is known as one of the greatest coaches of all time because of what he could do and how quickly he could do it. He led one of the worst teams in NFL history to breathtaking success in only nine seasons. He ended his coaching career at Green Bay with an 89-29-4 record and five national championships. Under his leadership, the Packers quickly went from one of the worst teams in history to one of the strongest. Still, to this day, they are considered one of the best teams ever to play the game.

So, what does this have to do with fitness?

Usually, when we jump into this session, it can be a little awkward. Nobody appreciates being called out on their appearance or health decisions. We understand that. It's not our goal to insult you. But we do want to invite you to create fitness goals and gain accountability to keep to those goals. Your physical health will influence your spiritual health, and your spiritual health will influence your physical health. We want to invite you and encourage you to excel in both.

You don't have to decide to be a bodybuilder tomorrow, but we strongly encourage you to start setting small, fitness-minded goals that you can meet and exceed. The small changes and habits that you incorporate today will set you up for an incredibly healthy lifestyle in the future.

This is important to thriving in your Core5 and a critical part of your game plan. It might not seem that way on the surface, but it's true. Your habits impact your mindset, and your physical habits affect your spiritual habits. Vince Lombardi was right: "Winning is a habit." Watch your thoughts; they become your beliefs. Watch your beliefs; they become your words. Watch your words; they become your actions. Watch your actions; they become your habits. Watch your habits; they become your character." Lombardi's approach transformed the Green Bay Packers and will transform your life.



EVALUATE



Before you meet with your group, take some time to evaluate yourself.

On a weekly basis (Circle your answers)

This past week, how many hours of sleep do you usually get each night?

Under 5 6 7 8 9+

This past week, how many days did you eat fast food?

0-1 2-3 4-5 6-7

This past week, how many days did you get physical activity for at least 30 minutes? (walk, workout at the gym, pushups at home, pickleball with friends, etc.)

0-1 2-3 4-5 6-7

This past week, how many alcoholic drinks did you consume?

0-3 4-7 8-11 12-15 15+

How would you describe your personal stress level this past week?

1 2 3 4 5 6 7 8 9 10

After completing these evaluations, is there anything that sticks out to you that you would like to change?



WARM UP



Take a minute and talk about this with the other guys in your group.

- ⊗ Since our last session, how have you worked on honoring God in your friendships? Were you successful in your goal? What changes have you noticed?

- ⊗ How do you currently prioritize your physical fitness in your daily routine? What motivates or demotivates you to stay active?

- ⊗ Reflect on a time when physical exercise positively impacted your mental or spiritual well-being. Can you share that experience with the group?

- ⊗ How do you balance your physical and spiritual health? Do you find one easier to maintain than the other? Why?

**Watch Session 4:
FITNESS**

WATCH



Watch this week's video with your group.

YOUR BODY AFFECTS YOUR SPIRIT, AND YOUR SPIRIT AFFECTS YOUR BODY .

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. - 1 Corinthians 6: 19

Because we have these promises, dear friends, let us cleanse ourselves from everything that can defile our body or spirit. And let us work toward complete holiness because we fear God. - 2 Corinthians 7:1

HEALTHY MEN EAT HEALTHY FOOD.

HEALTHY MEN STAY ACTIVE .

HEALTHY MEN REST.

So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation. - Genesis 2:1



TALK



In groups of 5 or 6 guys, talk about some of the following questions:

- ⊗ What are your initial reactions to the teaching on Fitness and what the speaker had to say?

- ⊗ If you had to rank your fitness journey from 1-10, where would you land? Why? What are you doing well? What could be improved?

- ⊗ Reflect on a time when physical exercise positively impacted your mental or spiritual well-being. Can you share that experience with the group?

- ⊗ How do you balance your physical and spiritual health? Have you noticed the impact that your physical health has on your spiritual health?

- ⊗ Share one area of your fitness (eating, activity, or rest) where you struggle the most. What are some potential solutions or strategies you can use to improve in this area?

- ⊗ In what ways can you integrate prayer or spiritual practices into your fitness routine? How might this enhance both your physical and spiritual health?

WEEKLY CHALLENGE



Take some time to evaluate your own fitness.
What is one thing that you have done well?

What is one area of your fitness that needs attention?

Where can you start?

What is one small goal you will accomplish this week before you meet again for the next session?

Remember to create a **S.M.A.R.T. goal**. Make sure your goal is specific, measurable, attainable, relevant, and time-bound.

Examples:

1. I will do ten push-ups every single morning this coming week.
2. I will write down everything I eat from Monday through Friday of this coming week.
3. I will get better sleep by keeping my phone charging in the living room every night of this coming week.

WRITE YOUR GOAL HERE:

THIS IS MY
GAMEPLAN

Make it a Core5 Combo: (Optional) You could pursue a goal in one area of your life that will strengthen other areas of your life. For example, this week, you could set a goal to start running with your wife. That will strengthen your fitness and your family. Or you could plan to pray or listen to an audio Bible for a couple of minutes while you run on the treadmill. That will strengthen your faith and your fitness.



JOURNAL



1 Corinthians 6:12–20 (NLT) Avoiding Sexual Sin

You say, “I am allowed to do anything”—but not everything is good for you. And even though “I am allowed to do anything,” I must not become a slave to anything. You say, “Food was made for the stomach, and the stomach for food.” (This is true, though someday God will do away with both of them.) But you can’t say that our bodies were made for sexual immorality. They were made for the Lord, and the Lord cares about our bodies.

And God will raise us from the dead by his power, just as he raised our Lord from the dead.

Don't you realize that your bodies are actually parts of Christ? Should a man take his body, which is part of Christ, and join it to a prostitute? Never! And don't you realize that if a man joins himself to a prostitute, he becomes one body with her? For the Scriptures say, “The two are united into one.” But the person who is joined to the Lord is one spirit with him.

Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

Uncover • Unlock • Unleash

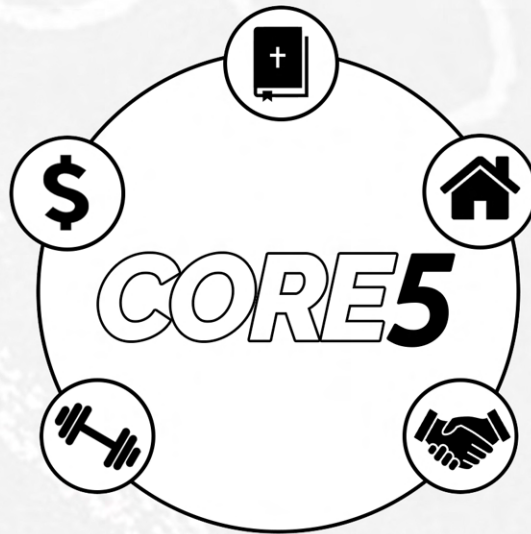


Uncover- What does it say?

Unlock - What does it mean?

Unleash- What should you do?

A MAN'S GAME PLAN



Session 5 - Finances

***"Money Matters- How to Keep Money
from Controlling Your Life."***



A MAN'S
GAME PLAN



“I think the great part about what I do is that there's a scoreboard. At the end of every week, you know how you did. You know how well you prepared. You know whether you executed your game plan. There's a tangible score.”

Tom Brady – 7x Super Bowl Champion

Whether you love him or hate him, Tom Brady is a winner. His career numbers speak for themselves. Over his 23 seasons in the NFL, Tom Brady threw for just over 89,000 yards and 649 touchdowns. He has played in 10 Super Bowls and won seven of them. For many years, when it comes to debates about the most incredible man ever to play football, Tom Brady will be part of the conversation.

Brady came into the NFL in the year 2000, and at that time, he was not a highly desired prospect. Here are a few excerpts from scouting reports that were written about Brady leading up to the NFL draft:

- + *"Awful. Not even on my board. Weak. He'll make somebody a good husband or a good medical salesman."*
- + *"Backup. Could be a #2 in this league for a long time. Has the size but not the arm."*
- + *"Like him. Just wish he was a better athlete."*
"Skinny, lacks great physical stature and strength, and gets knocked down easily."

It's funny to read the reports this many years after they were written. These were honest evaluations based on observations and hard stats at the time. At the time, they weren't wrong. That's why Brady was drafted 199th in the sixth round. When the Patriots picked him up, they weren't even looking for a quarterback, but they assumed that with some help, he could make a good backup.

Brady has addressed these scouting reports a few times over his life and career, and he admits they got him fired up at the time. But he used all of it as motivation. He decided to work harder, push further, and simply out-compete everyone to make a name for himself, and he did just that. Six other quarterbacks were drafted before Tom, and those six guys combined started 191 games and won 0 Super Bowls. Brady started 381 games and won 7.



That's what makes his quote so interesting. At the end of the season, at the end of his career, it wasn't the scouting reports that defined him. It was the scoreboard. Game after game, season after season, and championship after championship, the scoreboard showed that he had prepared well and executed the game plan. Week after week, the scoreboard reflected that he was a winner.

The numbers don't lie. Your finances work the same way. You could be in a place where the scouts are noticing that you look pretty good. You've got a great vacation lined up, you drive a great-looking car, and your house is the best on the block. However, the scouts don't see the bills piling up and the credit debt that never seems to go down.

Or, you could be the exact opposite. You're lucky you have a TV, your car looks like it rolled off the line before there was internet, and a house seems out of the question.

Regardless of what the scouts say or what your life appears to communicate about your financial status, the thing that matters is the numbers. At the end of the week, what does the scoreboard say? Is there still some left over, or is it all gone? Or, even worse, did you use even more than was available to you? Most of us know we have some room to improve how we handle our finances. And that's where Brady's career can encourage us. Where you are right now does not need to define where you are going. But nothing is going to change if you don't get to work. Your financial well-being will not change unless you come up with a game plan and stick to it.

So, this week, take some time to honestly evaluate your overall financial health. Think about what is going well and what isn't. Think about your goals and your plan to reach those goals. Don't feel bad if you're in a bad spot; use it as motivation to work hard and get to a better place. Tom Brady went from "Awful. Not even on my board. Weak," to the greatest of all time.

You can do the same thing. It takes hard work, commitment, and a plan.

You can do it. Create a plan, stick to it, pursue your goals, and keep winning on the scoreboard every week.

EVALUATE



Before you meet with your group, take some time to evaluate yourself.

On a weekly basis (Circle your answers)

How often do you stick to a budget to manage your finances?

Often Occasionally Seldom

If married, how often do you discuss finances with your wife?

Often Occasionally Seldom N/A

How often do you use a credit card for stuff you don't need?

Often Occasionally Seldom

How would you describe your personal stress level this past week when it comes to your finances?

1 2 3 4 5 6 7 8 9 10

After completing these evaluations, is there anything that sticks out to you that you would like to change?



WARM UP



Take a minute and talk about this with the other guys in your group.

- ⊗ Since our last session, how have you worked on honoring God in your fitness? Were you successful in your goal? What changes have you noticed?

- ⊗ What are some of the biggest challenges that you have faced related to your finances?

- ⊗ Why does it seem to be difficult to talk about finances with other people?

- ⊗ When was a time in your life that you created a budget and stuck to it, what differences did you notice in your life?

Watch Session 5: FINANCES

WATCH



Watch this week's video with your group.

As Jesus was starting out on his way to Jerusalem, a man came running up to him, knelt down, and asked, "Good Teacher, what must I do to inherit eternal life?" "Why do you call me good?" Jesus asked. "Only God is truly good. But to answer your question, you know the commandments: 'You must not murder. You must not commit adultery. You must not steal. You must not testify falsely. You must not cheat anyone. Honor your father and mother.'" "Teacher," the man replied, "I've obeyed all these commandments since I was young." Looking at the man, Jesus felt genuine love for him. "There is still one thing you haven't done," he told him. "Go and sell all your possessions and give the money to the poor, and you will have treasure in heaven. Then come, follow me." At this the man's face fell, and he went away sad, for he had many possessions. - Mark 10: 17-22

But people who long to be rich fall into temptation and are trapped by many foolish and harmful desires that plunge them into ruin and destruction. For the love of money is the root of all kinds of evil. And some people, craving money, have wandered from the true faith and pierced themselves with many sorrows.
- 1 Timothy 6: 9-10

DO NOT LET MONEY BE YOUR MASTER .

EVERYTHING WE HAVE, WE HAVE BECAUSE GOD GAVE TO US.

CREATE A PLAN FOR FINANCES .

DEVELOP A BUDGET AND STICK TO IT.



TALK



In groups of 5 or 6 guys, talk about some of the following questions:

- ⊗ What stood out to you from this session?

- ⊗ Can you identify a moment when your pursuit of financial success affected your personal relationships? How did you handle it?

- ⊗ What insights did you gain from the story of the rich young man in Matthew 19? How does this story challenge your current approach to money and possessions?

- ⊗ Have you created a financial plan or budget? If so, how has it impacted your financial health? If not, what steps can you take to start one?

- ⊗ What challenges have you faced in sticking to a budget, and how can you overcome them to achieve financial freedom?

WEEKLY CHALLENGE



Take some time to evaluate your finances.
What is one thing that you have done well?

What is one area of your finances that needs attention?

Where can you start?

What is one small goal you will accomplish this week before you meet again for the next session?

Remember to create a **S.M.A.R.T. goal**. Make sure your goal is specific, measurable, attainable, relevant, and time-bound.

Examples:

1. I will record and track every financial transaction that I make over the next six days.
2. I will sit down with my wife Monday night and plan out our spending for the next week.
3. I will make sure that I give away 5% of the money I make this week to support a growing habit of generosity.

WRITE YOUR GOAL HERE:

THIS IS MY
GAMEPLAN

Make it a Core5 Combo: You could pursue a goal in one area of your life that will strengthen other areas of your life. For example, this week, you could set a goal to only eat meals at home, which will be more affordable and healthier. That will strengthen your fitness and your finances. Or you could plan to meet regularly with your spouse to review your budget. This will strengthen your family and your finances.

**Mark 10:17–31 (NLT)****The Rich Man**

As Jesus was starting out on his way to Jerusalem, a man came running up to him, knelt down, and asked, “Good Teacher, what must I do to inherit eternal life?” “Why do you call me good?” Jesus asked. “Only God is truly good. But to answer your question, you know the commandments: ‘You must not murder. You must not commit adultery. You must not steal. You must not testify falsely. You must not cheat anyone. Honor your father and mother.’” “Teacher,” the man replied, “I’ve obeyed all these commandments since I was young.” Looking at the man, Jesus felt genuine love for him. “There is still one thing you haven’t done,” he told him. “Go and sell all your possessions and give the money to the poor, and you will have treasure in heaven. Then come, follow me.” At this the man’s face fell, and he went away sad, for he had many possessions. Jesus looked around and said to his disciples, “How hard it is for the rich to enter the Kingdom of God!” This amazed them. But Jesus said again, “Dear children, it is very hard to enter the Kingdom of God. In fact, it is easier for a camel to go through the eye of a needle than for a rich person to enter the Kingdom of God!” The disciples were astounded. “Then who in the world can be saved?” they asked.

Jesus looked at them intently and said, “Humanly speaking, it is impossible. But not with God. Everything is possible with God.”

Then Peter began to speak up. “We’ve given up everything to follow you,” he said. “Yes,” Jesus replied, “and I assure you that everyone who has given up house or brothers or sisters or mother or father or children or property, for my sake and for the Good News, will receive now in return a hundred times as many houses, brothers, sisters, mothers, children, and property—along with persecution. And in the world to come that person will have eternal life. But many who are the greatest now will be least important then, and those who seem least important now will be the greatest then.”

Uncover • Unlock • Unleash

**GAME
PLAN**



Uncover- What does it say?

Unlock - What does it mean?

Unleash- What should you do?

A MAN'S GAME PLAN

**Congratulations on completing A Man's Game Plan!
Now, are you ready to take your growth to the next level?**



POST SURVEY

Men of Iron offers a guided path to become the man you were meant to be:

- ⊗ **Basecamp (Free Resources):** Get started with free resources to jump-start your journey towards knowing God and your purpose. Explore **FREE** Basecamp resources.
- ⊗ **Ridge Line (Grow Together):** Join a small group of men for a deeper exploration of faith, family, finances, fitness, and friendships. It's a supportive environment with a minimal cost. Find a supportive Ridge Line group.
- ⊗ **Summit (Reach the Peak):** Invest in personalized mentorship from a seasoned leader who can guide you on your unique path. This is the highest level of commitment, but the rewards are unmatched. Learn more about transformative mentorship.

**Check out our Basecamp, Ridge Line
& Summit Resources at menofiron.org/theclimb**

Don't settle for basecamp!

Keep climbing towards your full potential.



MEN OF IRON

A MAN'S GAME PLAN

Bonus: Pay it forward!
**Become an Iron Partner and support another
man's journey through A Man's Game Plan.**

God has given Men of Iron a vision to change a culture, one man at a time. We cannot do that without the trusted partnership of prayer, finances, and relationship with others. Our financial partners are not bystanders or accessories to the vision, they are equal partners in the work God is accomplishing. Join the movement of God by generously investing in His work!

Become a Monthly Iron Partner! Commit to a minimum of \$27/a month and equip a man with the tools needed to adventure up the mountain to know God and their purpose for one whole year.

Monthly giving creates sustainability for our organization as it works to cover regular operating costs, allowing us to dream and create new opportunities for impact. As an Iron Partner you will receive exclusive connections to God's work throughout the year with special communications, events and touch points.

MENOFIRON.ORG/IRONPARTNER



Copyright © 2024 Men of Iron.

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed "Attention: Permissions Coordinator," at the address below.

First printing edition 2024.

Men of Iron
280 South Oak St.
Manheim, PA 17545

www.menofiron.org



MEN OF IRON